

Leadership

It's only natural to expect every nation and sports federation competing at the international level to be highly protective about its training methods. After all, national pride and personal glory are at stake. So it's not too hard to understand why the latest knowledge at this level is not only hard to come by, but is actually closely guarded and carefully protected as well.

The irony of this is that these training secrets, which come from a scientific study of sports training, are virtually the same from one coach to another. What's missing from this equation is the "iron sharpens iron" principle. Top coaches could get even better, and lesser coaches (as well as their athletes) could progress immensely, if these secrets were common knowledge and could be shared among peers.

As leaders in the field of sports training methodology, we continually strive to discover new training methods and strategies, and endeavor to explain how they can work in concert with each other. We created our training design tools for exactly the same reason, and made them available to ALL coaches and athletes, regardless of their ability or geography... because we believe in a level playing field. Everybody should have an equal chance, and a bona fide opportunity to pursue his dream.

And that's why we take the mystery out of the science behind our internet-based program. We want to make our suggestions clear, easy to follow, and accessible to ANY coach or athlete anywhere in the world. And to top level coaches or athletes who won't settle for anything but the best, we offer a network of users who are more than willing to share the knowledge and experience they have gotten out of our program in order to advance not only their own careers, but the overall level of their sport as well.

Since training has now become big business, there are hundreds (if not thousands) of training gurus who offer "training plans" culled from coaches' favorite workouts, successful athletes, and training plans that have stood the test of time. We know that these worn out, hand-me-down workouts and training strategies cannot possibly be useful to today's athlete who needs a training plan based on his specific abilities and goals to be competitive.

At the very minimum competitive athletes need to have training plans that include...

- Personalized Season Plans
- Training Strategies designed for different season phases
- Daily Workouts calculated for specific training effects that are coordinated with each other in time
- Progression Monitoring and Analysis by testing specific markers

Serious about results?

Want to take your coaching career to the next level?

THAT'S WHAT WE DO!

See for yourself how our High-Performance Training Tools can help get you to where you want to be.

3S... the competitive advantage you've always wanted

Based on Science

Our system is based on over 30 years of focused research in exercise science training methodology, eliminating all guesswork. And all training parameters and suggestions are optimized just for you!

Proven and Tested

3S has been proven and tested by generations of Olympic coaches and elite athletes in real competitions. Our guides, tools and suggestions were developed to support the best, where winning is the only option.

Instant Access

Subscribe and receive immediate access to your personal training plan, detailed daily workouts, and tools to adjust any training parameter. It's like having a team of elite sport scientists working for you 24/7.



WE HAVE THE TOOLS AND METHODS YOU NEED TO SUCCEED

Easy Setup Methods

- Accurately define your current level of ability
- Establish proper stress levels
- Understand your limitations

Industry's Best Planning Tools

- Unique Season Planner
- Contemporary Periodization
- Progression Planning

Easy Training Management

- Every effort or set is clearly defined
- Dynamic Weekly Density distribution
- Precise calculation of effort by Energy Zone

Progress Monitoring

- Automatic season progression evaluation
- Track progression rates weekly
- Decision making instruments

Plans_coaches

3S... No. 1 Choice of Professional Coaching Organizations

Our online suite of “Training Design Tools” makes it amazingly easy to create a winning season for an individual athlete or a whole team of any age or ability. So if you are looking for a better way to coach... you’ve finally found it. We’ll help you to remove the usual guesswork from your planning decisions, and help you escape from the tedious gruntwork of season planning, calculating daily sets, and selecting appropriate exercises.



Get the results you've always wanted!

Tired of ineffective training and dull performances? Need better results? 3S is your solution! Based on over than 30 years of research and practical experience supporting national level coaches and Olympic athletes, 3S is the most advanced and comprehensive training platform. 3S will never bore you, confuse you, or waste your time with ineffective training. All sets, daily workouts, training strategies, and season plans are completely personalized and fully integrated to maximize results for a single event, a typical season, or even an Olympic cycle. Our online Training Guide will create a detailed season plan, apply effective training strategies and provide you with very clear daily schedules all way up to each individual effort... So if you already know your sport and looking for the most effective training approach to achieve your goals – this is it. We'll help you to remove guessing from any planning decisions, from season planning to daily sets and exercise selection and guide you to your best even performances...



Contact 3S

Richmond
Virginia 23238

<http://supersportsystems.com/>